


September 2021| MENU

6-8

Wake County Public School System Breakfast & Lunch

[We are Hiring! Apply HERE](#)



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| | | 01 <u>Breakfast</u> Scrambled Eggs with WG Toast Diced Pears <u>Lunch</u> WG Baked Chicken Bites Fresh Baked Biscuit Seasoned Steamed Carrots ✓ Garlic Green Beans ✓ Mixed Fruit Fresh Fruit | 02 <u>Breakfast</u> Turkey Sausage Biscuit Mixed Fruit <u>Lunch</u> Turkey Hot Dog Chicken Filet Sandwich Baked Crinkle Cut Fries ✓ Baked Beans ✓ Applesauce Cup Fresh Fruit | 03 <u>Breakfast</u> Egg & Cheese Biscuit ✓ Applesauce Cup <u>Lunch</u> WG Grilled Cheese Sandwich ✓ Baked Sweet Potato Fries ✓ 🍅 Fresh LOCAL Cucumber Slices ✓ 🍇 Fresh Cotton Candy Grapes Diced Peaches |
| 06  | 07 <u>Breakfast</u> Turkey Sausage Biscuit Diced Peaches <u>Lunch</u> Beef & Cheese Nachos Chicken Filet Sandwich Spicy Black Beans ✓ Salsa ✓ Strawberry Cup Fresh Fruit | 08 <u>Breakfast</u> WG French Toast Sticks ✓ Strawberry Cup <u>Lunch</u> WG Grilled Cheese Sandwich ✓ Savory Green Beans ✓ Glazed Sweet Potatoes ✓ Diced Pears Fresh Fruit | 09 <u>Breakfast</u> Southern Chicken Biscuit Diced Pears <u>Lunch</u> Hamburger/Cheeseburger Chicken Filet Sandwich Baked Crinkle Cut Fries ✓ Baked Beans ✓ Mixed Fruit Fresh Fruit | 10 <u>Breakfast</u> Blueberry Breakfast Parfait ✓ Mixed Fruit <u>Brunch for Lunch</u> Chicken & Waffles Baked Sweet Potato Fries ✓ Steamed Broccoli ✓ Diced Peaches Fresh Fruit |
| 13 <u>Breakfast</u> Southern Chicken Biscuit 100% Orange Juice <u>Lunch</u> Personal Cheese ✓/Pepperoni Pizza Garlic Green Beans ✓ Fresh Tossed Salad ✓ Diced Peaches Fresh Fruit | 14 <u>Breakfast</u> Scrambled Egg with WG Toast ✓ Diced Peaches <u>Lunch</u> Cheese Nachos ✓ Chicken Filet Sandwich Ranch Style Pinto Beans ✓ Corn Salsa ✓ Mixed Fruit Fresh Fruit | 15 <u>Breakfast</u> Egg & Cheese Biscuit ✓ Mixed Fruit <u>Lunch</u> Baked Chicken Drumstick WG Dinner Roll Glazed Sweet Potatoes ✓ Mixed Vegetables ✓ Diced Pears Fresh Fruit | 16 <u>Breakfast</u> Strawberry Breakfast Parfait ✓ Diced Pears <u>Lunch</u> Creamy Macaroni & Cheese ✓ WG Dinner Roll Chicken Filet Sandwich Steamed Broccoli Steamed Carrots Diced Peaches Fresh Fruit | 17 <u>Breakfast</u> Breakfast Tacos ✓ Diced Peaches <u>Lunch</u> Homestyle Roasted Chicken Fresh Baked Biscuit Baked Crinkle Cut Fries ✓ 🍇 Locally Grown Grape Tomato Medley 🍅 Fresh Nectarines Applesauce Cup |
| 20 <u>Breakfast</u> WG French Toast Sticks ✓ 100% Orange Juice <u>Lunch</u> Personal Cheese ✓/Pepperoni Pizza Fresh Baby Carrots with Dip ✓ Steamed Broccoli ✓ Applesauce Fresh Fruit | 21 <u>Breakfast</u> Blueberry Breakfast Parfait ✓ Applesauce <u>Lunch</u> Beef Taco Rice Bowl Chicken Filet Sandwich Fresh Tossed Salad ✓ Salsa ✓ Diced Pears Fresh Fruit | 22 <u>Breakfast</u> Scrambled Eggs with WG Toast ✓ Diced Pears <u>Lunch</u> WG Baked Chicken Bites Fresh Baked Biscuit Seasoned Steamed Carrots ✓ Garlic Green Beans ✓ Mixed Fruit Fresh Fruit | 23 <u>Breakfast</u> Turkey Sausage Biscuit Mixed Fruit <u>Lunch</u> Turkey Hot Dog Chicken Filet Sandwich Baked Crinkle Cut Fries ✓ Baked Beans ✓ Diced Peaches Fresh Fruit | 24 <u>Breakfast</u> Egg & Cheese Biscuit ✓ Diced Peaches <u>Lunch</u> WG Grilled Cheese Sandwich ✓ Baked Sweet Potato Fries ✓ Fresh Cucumber Slices ✓ Applesauce Cup 🍅 Fresh Anjou Pears |
| 27 <u>Breakfast</u> Scrambled Eggs with WG Toast ✓ 100% Orange Juice <u>Lunch</u> Spaghetti with Meat Sauce WG Texas Toast Fresh Tossed Salad ✓ Steamed Broccoli ✓ Diced Peaches Fresh Fruit | 28 <u>Breakfast</u> Turkey Sausage Biscuit Diced Peaches <u>Lunch</u> Beef & Cheese Nachos Chicken Filet Sandwich Spicy Black Beans ✓ Salsa ✓ Strawberry Cup Fresh Fruit | 29 <u>Breakfast</u> WG French Toast Sticks ✓ Strawberry Cup <u>Lunch</u> MANAGER'S CHOICE Entrée Vegetables Fruits | 30 <u>Breakfast</u> Donut Day! Diced Peaches <u>Lunch</u> Hamburger/Cheeseburger Chicken Filet Sandwich Baked Crinkle Cut Fries ✓ Baked Beans ✓ Applesauce Cup Fresh Fruit | |

2021 6-8 Meal Prices:

Breakfast: FREE

Lunch: FREE

Adults: A la Carte Pricing

Breakfast includes choice of: Entrée, fruit & milk.
Students must select a fruit.

Daily Breakfast Items: • Assorted Milk • Fresh Fruit • Variety of Cereals

Lunch includes a choice of: Entrée with grain/bread, 1-2 vegetables, 1-2 fruits & milk. Students must select a fruit and/or vegetable.

Daily Lunch Items: Assorted Milk • PB&J Sandwich ✓

Additional Lunch Options: Yogurt Box ✓ • Fruit & Yogurt Parfait ✓ • Hummus Box ✓ • Chef Salads ✓
available

Milk Choices: • Fat Free Unflavored, & Fat Free Chocolate

"V" Symbolizes the daily vegetarian options

All "Additional" options are not available in all schools. Please contact your schools Dining Room Manager for additional menu information

Menu selection is subject to change at any time based on product availability



Fresh and often LOCAL produce



**WAKE COUNTY
PUBLIC SCHOOL SYSTEM**

Child Nutrition Services